

# Breville

*the Kinetix® Task Blender*

Instruction Booklet



BBL550

# CONGRATULATIONS

on the purchase of your new  
Breville Product

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At Breville we are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer, foremost in mind. In addition we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions.

## **IMPORTANT SAFEGUARDS**

### **READ ALL INSTRUCTIONS BEFORE USE AND SAVE FOR FUTURE REFERENCE**

- Carefully read all instructions before operation and save for future reference.
- Remove any packaging material and promotional stickers before using the blender for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover fitted to the power plug of this appliance.
- Do not place the blender near the edge of a bench or table during operation. Ensure that the surface is level, clean and free of water, flour, etc. Vibration during operation may cause the appliance to move.
- Do not place the blender on or near a hot gas or electric burner, or where it could touch a heated oven.
- Always ensure the blender is properly assembled before use. Refer to assembly and operation.
- Use only the blender jug and lid supplied with the blender.
- Always ensure the blender lid is firmly positioned on the blender jug before operating.
- Always ensure the blender is turned off by pressing the POWER button on the control panel. Then switch the appliance off at the power outlet and unplug the cord. Make sure the motor and blades have completely stopped before attempting to move the appliance, or when the blender is not in use and before disassembling, cleaning and storing.
- Do not operate the appliance continuously with heavy loads for more than 10 seconds. Allow the motor to rest for 1 minute between each use.
- None of the recipes in this instruction book are considered a heavy load.
- Do not leave the blender unattended when in use.
- If food becomes lodged around the blending blade, turn the blender off by pressing the power button on the control panel. Then switch the appliance off at the power outlet and unplug the cord. Make sure the motor and blades have completely stopped before removing the jug from the motor base. Use a spatula to dislodge or stir the food before continuing. Do not use fingers as the blades are sharp.
- Keep hands, fingers, hair, clothing as well as spatulas and other utensils away from the blender jug during operation. Never place your fingers, hands or utensils inside the blender jug without unplugging the appliance from the power outlet.
- Be careful when handling the blending blade assembly as the blades are very sharp. Be careful when emptying the blender jug and during cleaning. Mishandling of the blades may cause injury.
- Do not remove the blender jug from the motor base while in operation.
- Do not use the blender for anything other than food and/or beverage preparation.
- Do not operate the blender without food or liquid in the blender jug.

- Do not process hot or boiling liquids. Allow to cool before placing into the blender jug.
- Do not subject the blender jug to extremes of hot or cold, for example, placing a cold jug in hot water or vice versa.
- Keep the appliance clean. Refer to care and cleaning.
- The motor is protected from burning out by an automatic, temperature operated, cut-out switch. If the blender is overloaded or operated continuously for too long, the motor may overheat. If this happens, the cut-out switch will prevent the blender from operating. To operate the blender again, you must switch off at the power outlet, unplug and allow to cool for approximately 30 minutes. Once the motor has fully cooled, it is ready for use again.

## **IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES**

- Fully unwind the power cord before use.
- Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
- To protect against electric shock do not immerse the power cord, power plug or appliance in water or any other liquid.
- The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- It is recommended to regularly inspect the appliance. To avoid a hazard do not use the appliance if power cord, power plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Breville Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Breville Service Centre.
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors. Misuse may cause injury.
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.

**SAVE THESE  
INSTRUCTIONS**

# KNOW

your Breville Product

## KNOW YOUR BREVILLE PRODUCT



- A. Breville Assist™ Lid**  
Ring pull ensures the lid is easy to remove yet sealed tight during operation.
- B. Kinetix® Blade and Bowl System**  
And extra wide stainless steel blades are contoured to the base of the jug, minimising food traps.
- C. One Piece Blade Removal**  
Is ergonomically designed for fast and easy cleaning.
- D. Electronic 5 Speed Control**
- E. Illuminated Buttons**  
For clarity and ease of reading.
- F. Large 1.5 Litre Glass Jug**  
Dual ribs pass ingredients onto the blades for evenly blended results.
- G. Inner Measuring Lid**  
For adding ingredients whilst blending.

# OPERATING

your Breville Product



## OPERATING YOUR BREVILLE PRODUCT

### BEFORE FIRST USE

Before using your blender for the first time, remove any packaging material and promotional labels. Ensure the appliance is switched off at the power outlet and the power cord is unplugged.

Wash the lid, inner lid, blender jug and blade assembly in warm, soapy water with a soft cloth. Rinse and dry thoroughly. The motor base can be wiped with a damp cloth. Dry thoroughly.

#### NOTE

When using your blender for the first time, you may notice an odour coming from the motor. This is normal and will dissipate with use.

The blending blades are extremely sharp. Avoid any contact with fingers and hands.

### ASSEMBLING AND ATTACHING THE BLENDER JUG

1. Place the motor base on a flat, dry surface such as a bench top. Ensure that the motor base is switched off at the power outlet and the power cord is unplugged.
2. To assemble the blender jug, replace the silicon seal onto the blade assembly. Upright the blender jug and insert the blade assembly on to the jug base. Twist the Blade Removal System anticlockwise until firmly locked into position.
3. Turn the blender jug upright and insert onto the motor base. The handle of the blender can be positioned to the left or the right of the appliance.
4. Add food or liquid into the blender jug ensuring not to exceed the MAX mark.

Place the blender lid firmly into position on the top of the blender jug. Insert the clear inner lid into the blender and turn clockwise into position.



#### NOTE

When adding oil or other liquids during the operation, turn the clean inner lid to the unlocked position and pour through the small holes on either side of the inner lid. The inner lid can be removed to add ingredients or check the texture of the ingredients.

#### NOTE

The blender features a lid. This allows the lid to fit tightly onto the blender jug, avoiding displacement during operation. The ring pull design allows the user to easily remove the lid with a simple leverage action.



## OPERATING YOUR BREVILLE PRODUCT

5. Plug the power cord into a 230/240V power outlet and switch on.
6. Press the POWER button on the far left of the control panel to turn the blender on. The POWER button will illuminate and flash.

### NOTE

**Do not fill the blender jug above the MAX line. When the blender jug is filled at or near the MAX line place one hand on the blender lid to avoid displacement of the lid during operation.**

7. Select the required speed (1 to 5) by pressing the corresponding speed button. The blender will start to operate and the selected speed button will illuminate. The POWER button will illuminate and cease to flash. The STOP button will illuminate and flash.
8. Operate the blender only for the appropriate amount of time required – do not over blend.
9. When 120 seconds is reached, the blender will automatically cease to operate and the selected speed button and STOP button illumination will go out. The POWER button will illuminate and flash.

### NOTE

**The maximum amount of ice cubes the blender can blend at any one time is 1 standard ice tray or 250g.**

10. For ingredients that require short bursts of power, select the PULSE function. The PULSE button will illuminate and remain illuminated while the button is depressed. Press the PULSE button in short bursts until blending is complete.
11. At the end of use, always ensure the blender is turned off by pressing the POWER button on the control panel. Then switch the appliance off at the power outlet and unplug the cord. Ensure the motor and blades have completely stopped before attempting to move the appliance, or when the blender is not in use and before disassembling, cleaning and storing.

### NOTE

**Do not fill the blender jug above the MAX line. When the blender jug is filled at or near the MAX line place one hand on the blender lid to avoid displacement of the lid during operation.**

## OVERLOAD PROTECTION SYSTEM

The motor is protected from burning out by an automatic, temperature operated, cut-out switch. If the blender is overloaded or operated continuously for too long, the motor may overheat. If this happens, the safety cut-out switch will prevent the blender from operating. To operate the blender again, you must switch off at the power outlet, unplug and allow to cool for approximately 30 minutes. Once the motor has fully cooled, it is ready for use again.

# DISASSEMBLING

your Breville Product

## DISASSEMBLING YOUR BREVILLE PRODUCT

1. Always ensure the blender is off by pressing the POWER button on the control panel. Then switch off at the power outlet and unplug the power cord.
2. Remove the blender jug from the motor base by grasping the handle and lifting the jug in an upward direction.
3. Remove the blade assembly by up turning the blender jug and twisting the blade removal system clockwise to unlock, then lift upwards and away from the base of the blender jug. The circular plastic surround attached to the base of the blender jug is not removable.



4. Remove the silicon seal from the blade.



### **WARNING**

*Be careful when handling the blending blades as they are sharp. Mishandling of the blades may cause injury.*

# ASSEMBLING

your Breville Product

## ASSEMBLING YOUR BREVILLE PRODUCT

1. Ensure parts are clean and completely dry.
2. To reassemble the blender, replace the silicon seal onto the blade assembly.



3. Upturn the blender jug and insert the blade assembly housing into the jug base.



4. Twist the Blade Removal System anticlockwise in the direction of the indicator symbol until firmly locked into position.



### **WARNING**

*Be careful when handling the blending blades as they are sharp. Mishandling of the blades may cause injury.*

# CARE & CLEANING

for your Breville Product

## CARE & CLEANING

### CLEANING THE MOTOR BASE

1. Wipe the motor base with a soft, damp cloth then dry thoroughly.
2. Wipe any excess food particles from the power cord.

#### NOTE

Do not use abrasive scouring pads or cleaners when cleaning the parts or motor base as they may scratch the surface.

#### NOTE

The lid, inner lid, blade assembly and silicon seal may be washed in the dishwasher in the top shelf only on a standard wash. The blender jug may be placed in the bottom shelf.

### STORAGE

Store your Breville blender upright with the blender jug, lid and inner lid assembled and inserted on the motor base or beside it. Do not place anything on top.

#### NOTE

The blending blades are extremely sharp. Avoid any contact with fingers and hands. Use caution when handling and storing.

### CLEANING THE BLENDER JUG, LID, INNER LID AND BLADE ASSEMBLY

1. Wash all parts in warm soapy water with a soft cloth. Use a kitchen bottle brush to dislodge stubborn foods. Rinse and dry thoroughly.

### REMOVING STUBBORN OR STRONG FOOD STAINS AND ODOURS

Strong smelling foods such as garlic, fish and some vegetables such as carrots may leave an odour or stain on the blender jug and lid. To remove, soak blender jug and lid for 5 minutes in warm soapy water. Then wash with a mild detergent and warm water, rinse well and dry thoroughly.



# HINTS & TIPS

for your Breville Product

## HINTS & TIPS

### BLENDING CHART

FOOD	PREPARATION & USAGE	QUANTITY	FUNCTIONS	TIME
Lean meat/ poultry	Trim excess fat and sinew, cut into 2cm cubes.  Use: mince	250g	Chop/speed 2	10 - 20 sec
Fish/seafood	Remove skin and bones and cut into 2cm cubes.  Use: mince	300g	Chop/speed 2	10 - 15 sec
Raw Vegetables	Peel and cut into 1.5-2cm cubes  Use: stuffing, filling, puree, soup	200g	Chop/speed 2	10 - 30 sec
Nuts	Remove shells.  Use: cakes, toppings, pastes	200g	Chop/speed 2	10 - 30 sec
Bread or Biscuit crumbs	Cut into 2cm pieces, break up biscuits.  Use: crumbed food/ cheesecake crust	100g	Chop/speed 2	10 - 30 sec
Mayonnaise	Mix the egg yolk and vinegar. Add the oil.  Use: dressing	125g	Mix/speed 1	60 sec
Whipped cream	Add sugar or vanilla if desired.  Use: topping	300ml	Mix/speed 1 Pulse	10 - 20 secs 3 - 6 times
Herbs/spices	Chopped or halved.  Use: paste	1 cup	Chop/speed 2	20 - 30 sec
Smoothie	Milk, whole fresh fruits, yogurt, ice cream.  Use: milkshakes, frappes	Max 800ml	Smoothie	60 secs
Fresh fruit	Chopped or whole berries.  Use: dessert sauce	250g	Blend/speed 3	20 - 30 sec
Ice	Crush.  Use: mixed drinks, cocktails, frozen icy drinks	Max 1 tray/250g	Chop/speed 2	10 - 20 sec

## TROUBLESHOOTING GUIDE

POSSIBLE PROBLEM	EASY SOLUTION
<b>Motor doesn't start or blade doesn't rotate</b>	<ul style="list-style-type: none"> <li>• Check that the blender jug is securely locked into position.</li> <li>• Check that the blade assembly is correctly attached to the base of the blender jug.</li> <li>• Check that the POWER button and selected function or speed setting is illuminated.</li> <li>• Check that the power plug is securely inserted into the power outlet and switched on.</li> </ul>
<b>Food is unevenly chopped</b>	<ul style="list-style-type: none"> <li>• Either too much food is being blended at one time or the pieces are too large.</li> <li>• Try cutting food into smaller pieces of even size and processing a smaller amount per batch.</li> <li>• For best results, the food should be chopped into pieces no larger than 2cm.</li> </ul>
<b>Food is chopped too fine or is watery</b>	<ul style="list-style-type: none"> <li>• The food is over processed. Try using the Ice/Auto Pulse function or process for a shorter time.</li> </ul>
<b>Food sticks to blades and jug</b>	<ul style="list-style-type: none"> <li>• The mixture may be too thick. Try adding more liquid to the mixture and/or use another function</li> </ul>
<b>Overload Blender</b>	<ul style="list-style-type: none"> <li>• The motor is protected from burning out by an automatic, temperature operated, cut-out switch.</li> <li>• If the blender is overloaded or operated continuously for too long, the motor may overheat. If this happens, the buttons will start to flash and the safety cut-out switch will prevent the blender from operating. To operate the blender again, you must switch off at the power outlet, unplug and allow to cool for approximately 30 minutes. Once the motor has fully cooled, it is ready for use again.</li> </ul>

## HINTS & TIPS

### DO'S

- Use Low speeds (1-2 – Mix and Chop) emulsions such as mayonnaise, dressings, marinades and foods that require mixing until just combined, such as batters.
- Use High speeds (4-5 – Puree) for pureeing soups and aerating liquids and for drink and cocktail making.
- Use PULSE for foods that only require short bursts of power such as chopping nuts.
- Ensure all foods are cut into cubes (approximately. 2-3cm squares) where appropriate to achieve an even result.
- Do not put more than 2 cups of warm ingredients into the blender before blending commences. After the blending process has begun and the blades are turning you may slowly add another 1½ cups of ingredients through the inner lid opening if desired.
- Thick mixtures puree more efficiently if the blender is ¼ to ½ full.
- When using several ingredients, place liquid ingredients in the blender jug before solid ingredients, unless specified in the recipe.
- When blending thick or dry mixtures it may be necessary to stop the blender and scrape down the sides of the blender jug with a plastic or rubber spatula, once or twice during blending. Do not use metal utensils as they may damage the blades or blender jug.
- Do not operate the blender without having the blender lid in position. To add additional ingredients while blending, remove the inner lid and place ingredients through the opening in the lid. When adding oil or other liquids during operation, slowly pour through the small holes on either side of the inner lid.
- Do not fill the blender jug above the MAX line. When the blender jug is filled at or near the MAX line, place one hand on the blender lid to avoid displacement of the lid during operation.
- Do not place any objects, other than food or liquid, into the blender whilst the motor is running.
- Do not use the blender to store food.
- The blender will not knead dough or mash potatoes.
- Do not remove the blender jug while the blender is operating. Always make sure the blender is off by pressing the POWER button, the lights will turn off. Switch off the power at the power outlet and unplug the power cord from the power outlet.
- Do not overload the blender with more than the specified quantity of ingredients as doing so could cause the motor to stall. Turn the blender off by pressing the POWER button on the control panel, the lights will turn off. Switch off the power at the power outlet and unplug the cord. Remove a portion of the mixture from the blender jug before continuing.

### DON'T'S

- Do not blend a heavy mixture for more than 10 seconds. For normal blending tasks, for example, mayonnaise, dressings etc., do not operate for longer than 1 minute at one time without turning off the blender and stirring the ingredients, and then continue blending.
- Do not place hot or boiling ingredients into the blender; allow to cool before placing into the blender jug.

# RECIPES

### EGGPLANT DIP

Makes approximately 2 cups

#### INGREDIENTS

2 large eggplants  
oil spray  
2 cloves garlic  
1 tablespoon lemon juice  
2 tablespoons olive oil  
1 teaspoon sea salt  
½ teaspoon ground cumin  
2 tablespoons chopped fresh parsley  
Freshly ground black pepper  
Fresh or toasted Lebanese bread

#### METHOD

1. Preheat oven to 200°C. Spray eggplants lightly with oil spray. Place into a baking dish and bake for about 40 minutes or until skin is begins to darken.
2. Add garlic to baking dish and continue baking eggplant and garlic until garlic is softened and eggplants are blackened and blistered all over. Remove from oven.
3. Place eggplants into a plastic bag and set aside until cool enough to handle.
4. Remove skin from eggplants and discard, roughly chop the flesh and place into blender jug with garlic, lemon juice, olive oil, salt and cumin. Place lid on jug.
5. Select Speed 3/BLEND; blend until mixture is almost smooth, scraping down the sides of blender if necessary.
6. Pour into bowl and stir through parsley and season with black pepper.

*Serve dip with fresh or toasted Lebanese bread.*

### ROAST BEETROOT DIP

Makes approximately 2 cups

#### INGREDIENTS

4 medium beetroot  
1 garlic bulb  
2 teaspoons lemon juice  
1 tablespoon horseradish  
¼ cup light olive oil  
Salt and freshly ground black pepper  
Turkish bread to serve

#### METHOD

1. Preheat oven to 200°C. Wash beetroot well and pat dry. Cut top off garlic and place beetroot and garlic onto a baking tray and drizzle with oil. Bake for 30 minutes then remove garlic and turn beetroot over and cook beetroot for a further 15-20 minutes or until the beetroot is tender. Set aside to cool completely.
2. Once beetroot is cool peel off skin and cut into quarters. Squeeze garlic out of skin.
3. Place beetroot and garlic and remaining ingredients into blender jug. Place lid on jug. Blend on setting 2/CHOP until combined, scraping sides if necessary.

*Serve dip chilled with Turkish bread.*

**HUMMUS**

Makes approximately 2½ cups

**INGREDIENTS**

2 x 400g can chick peas, rinsed and drained  
 2 cloves garlic  
 ½ cup warm water  
 ¼ cup tahini  
 ¼ cup lemon juice  
 1 teaspoon ground cumin  
 Sea salt and fresh ground black pepper to taste  
 Extra virgin olive oil, to serve  
 Fresh Turkish or Lebanese bread to serve

**METHOD**

1. Place chick peas, garlic, water, tahini, lemon juice and cumin into the blender jug. Place lid on jug.
2. Select 3/BLEND speed, blend until mixture is smooth, scraping down sides of blender during processing if necessary. Season to taste.

**SPINACH, PARMESAN AND CASHEW DIP**

Makes approximately 1 cup

**INGREDIENTS**

75g baby spinach leaves  
 1 clove garlic  
 ½ cup unsalted toasted cashews  
 75g parmesan, chopped into 1cm pieces  
 ½ cup olive oil  
 2 teaspoons lemon juice  
 salt and freshly ground black pepper

**METHOD**

1. Combine all ingredients except salt and pepper into the blender jug in the order listed. Place lid on jug.
2. Select 3/BLEND setting and process until all the ingredients are chopped as desired; scrap down side if necessary. Do not over process and it should be slightly chunky.

*Season to taste and serve with crackers.*

**TIP**

Dip will keep fresh for 1 day.

### MAYONNAISE

Makes approximately 1 cup

#### INGREDIENTS

- 2 egg yolks
- 1 teaspoon Dijon mustard
- 1 teaspoon salt
- 1 tablespoon lemon juice
- ½ cup olive oil
- ½ cup grape seed oil

#### METHOD

1. Combine yolks, mustard, salt and lemon juice into the blender jug. Place lid on jug. Blend on Low speed until combined.
2. With blender running on Speed 1/ MIX, slowly pour oil through the inner measuring lid until mixture thickens, this should take about 1 minute.
3. Transfer to an airtight container and refrigerate for up to 1 week.

### GARLIC AIOLI

Makes approximately 1 cup

#### INGREDIENTS

- 1 whole bunch garlic
- 2 egg yolk
- 1 tablespoon lemon juice
- 1 cup vegetable or olive oil
- Salt and pepper, to taste

#### METHOD

1. Pre-heat oven to 200°C.
2. Slice the top off the garlic bulb and wrap in foil. Place onto an oven tray and roast for 30 minutes or until garlic is softened and fragrant.
3. Remove from the oven and allow to cool slightly. Squeeze garlic from the bulb.
4. Place egg yolks and lemon juice into the blender jug. Place lid on jug.
5. With the motor running on Speed 1/ MIX slowly pour oil through the inner measuring lid until mixture thickens, this should take about 1 minute. Add roasted garlic and season to taste.
6. Transfer to an airtight container and refrigerate for up to 1 week.



### CAESAR DRESSING

Makes approximately 1½ cups

#### INGREDIENTS

2 tablespoons Dijon mustard  
2 cloves garlic, crushed  
2 tablespoons lemon juice  
4-6 anchovy fillets, chopped  
2 tablespoons sour cream or crème fraîche  
½ cup grated parmesan cheese  
½ cup olive oil  
Sea salt and freshly ground black pepper  
cos lettuce, to serve  
shaved parmesan cheese, to serve  
Crisp fried bacon pieces, to serve  
croutons, to serve

#### METHOD

1. Place mustard, garlic, lemon juice, anchovies, sour cream and parmesan into blender jug. Place lid on jug.
2. Select Speed 3/BLEND, blend 20 seconds or until ingredients are well combined.
3. With blender running on Speed 1/MIX, slowly pour oil through the inner measuring lid until mixture thickens, this should take about 1 minute.

*Serve over crisp cos lettuce with grated parmesan cheese, crisp bacon and croutons.*

### PESTO SAUCE

Makes approximately 1½ cups

#### INGREDIENTS

2 cups firmly packed basil leaves (approx 1 large bunch basil)  
2 cloves garlic  
2 teaspoons lemon juice  
½ cup pine nuts, toasted  
60g grated parmesan cheese  
½ cup olive oil  
Salt and freshly ground black pepper

#### METHOD

1. Place all ingredients into blender jug in the order listed. Place lid on jug. Select Speed 2/CHOP, blend until all ingredients are very finely chopped and almost smooth. Scrape down sides of blender if necessary.
2. Spoon into an airtight container and chill until ready to use.

#### TIP

**Pesto will keep in an airtight container in the refrigerator for a few days. Pour a little extra oil over the top of the pesto and place a piece of plastic wrap on top of the pesto. This will prevent excess browning.**

## SOUP

### LEEK AND POTATO SOUP

Serves 4

#### INGREDIENTS

40g butter  
1 tablespoon olive oil  
2 leeks, thinly sliced  
750g potatoes, roughly chopped  
1 litre chicken stock  
Salt and white pepper  
Chopped chives, to serve

#### METHOD

1. Heat butter and oil in a large saucepan, add leeks and cook, stirring, for 3-4 minutes until softened. Add potatoes and stock. Bring to the boil then reduce heat and cook, covered, for about 20 minutes or until potatoes are soft. Remove from heat and allow soup to cool slightly.
2. Blend soup in batches with lid on jug on Speed 1/MIX until just blended.
3. Return pureed soup to saucepan; season to taste and heat on low until hot.

*Serve soup topped with fresh chopped chives.*

#### TIP

**If soup becomes too thick when cooking or blending add a little extra stock or water.**

### CHICKEN, CORN AND GINGER SOUP

Serves 4

#### INGREDIENTS

1 tablespoon peanut oil  
4 green onions, thinly sliced  
5cm piece fresh ginger, finely chopped  
3 cups fresh or frozen corn kernels  
1 litre chicken stock  
1 tablespoon soy sauce  
1 tablespoon shao xing cooking wine  
½ teaspoon sesame oil  
2 small chicken breast fillets, thinly sliced  
¼ cup roughly chopped fresh coriander leaves (optional)  
White pepper

#### METHOD

1. Heat oil in a large saucepan, add onions and ginger and cook, stirring, for 2 minutes. Add corn and cook, stirring occasionally, for a further 3-4 minutes.
2. Add stock and bring to the boil; reduce heat and simmer for 10 minutes. Remove from heat and allow to cool slightly.
3. Transfer half of the mixture and blend with lid on jug, on speed 2/CHOP for 30 seconds. Return pureed soup to remaining soup in saucepan with soy, wine, sesame and chicken. Cook on a medium high heat until soup starts to simmer and chicken is just cooked through.

*Serve with fresh chopped coriander and white pepper to taste.*

#### TIP

**Shao xing is a Chinese cooking wine and is available from Asian grocery stores and some supermarkets.**

### MEDITERRANEAN SOUP

Serves 4-6

#### INGREDIENTS

2 tablespoons olive oil  
2 red onions, quartered  
5 cloves garlic  
1 large fennel, cut into thin wedges  
3 zucchinis, roughly chopped  
2 red capsicum, quartered and seeded  
2 green capsicum, quartered and seeded  
1-2 tablespoons olive oil  
Salt and freshly ground black pepper  
1 litre chicken or vegetable stock  
2 x 400g can chopped tomatoes  
½ cup shredded fresh basil leaves

#### METHOD

1. Preheat oven to 200°C. Place onions, garlic, fennel, zucchini and capsicums into a large baking dish; drizzle with oil and season with salt and pepper. Bake in oven for about 30 minutes or until vegetables are tender.
2. Place vegetables into a saucepan with stock and chopped tomatoes. Bring mixture to the boil and cook for a 10 minutes.
3. Allow mixture to cool and transfer in batches to blender jug. Place lid on jug.
4. Select Speed 2/BLEND and blend until smooth.
5. Return pureed soup to saucepan with basil leaves to heat through. Season to taste.

### THAI SWEET POTATO SOUP

Serves 4

#### INGREDIENTS

2 tablespoons oil  
1 large brown onion, chopped  
2 cloves garlic, chopped  
1-2 tablespoons red curry paste  
1 kg sweet potato, roughly chopped  
1 litre chicken stock  
270ml can light coconut cream  
Salt and pepper  
chopped fresh coriander, to serve

#### METHOD

1. Heat oil in a large saucepan, add onion, garlic and curry paste and cook, stirring for 4 to 5 minutes or until onion has softened and curry paste is fragrant.
2. Add sweet potato and stock and bring to the boil. Lower heat and simmer covered for 25 minutes or until sweet potato is soft. Remove from heat and allow soup to cool slightly.
3. Blend soup in batches with lid on, on Speed 3/BLEND until just blended.
4. Return pureed soup to saucepan with coconut milk; season to taste and heat on low until hot. Serve with fresh coriander.

## RICOTTA PANCAKES

Makes 6 to 8

### INGREDIENTS

3 eggs  
200g fresh ricotta  
½ cup milk  
¾ cup self raising flour  
1 ½ teaspoons baking powder  
2 tablespoons caster sugar  
Unsalted butter for greasing  
fresh berries, to serve  
maple syrup, to serve

### METHOD

1. Place eggs, ricotta, milk, flour, baking powder and caster sugar into blender jug. Place lid on jug.
2. Select 1/MIX setting, blend for 10 seconds. Scrape sides down if necessary then blend for a further 5 seconds on Speed 1/MIX. Do not over process.
3. Heat a heavy base frying pan or griddle over a low to moderate heat. Lightly grease with butter.
4. Spoon about 2 heaped tablespoons of the mixture into pan and cook until golden brown on both sides.

*Serve with fresh blueberries and maple syrup.*

### TIP

**For berry pancakes pour mixture into pan; top with several fresh berries before flipping over and cooking other side.**

## INDIVIDUAL STICKY DATE PUDDINGS WITH BUTTERSCOTCH SAUCE

Makes 12

### INGREDIENTS

200g dried seedless dates, coarsely chopped  
1 teaspoon bicarbonate soda  
1 ¼ cups boiling water  
60g butter, softened  
1 cup firmly packed brown sugar  
1 cup self raising flour  
2 eggs, lightly beaten

### Butterscotch sauce

1 ¼ cup firmly packed brown sugar  
1 cup pouring cream  
125g butter

### METHOD

1. Preheat oven to 180°C. Grease a ½ cup capacity muffin tray with oil spray.
2. Place dates, bicarbonate soda and boiling water into a heatproof jug; cover and stand for 5 minutes then carefully pour into blender jug. Place lid on jug.
3. Add butter and sugar and PULSE 2-3 times. Add remaining ingredients and PULSE mixture until just combined. **Do not over process.** Scrape down sides of jug if necessary.
4. Divide mixture evenly between holes of the muffin tray and bake for about 20 minutes or until cooked when tested with a wooden skewer. Remove from oven and stand for 5 minutes before turning out onto a wire rack. Serve warm.
5. Serve puddings with butterscotch sauce. To make sauce, combine all ingredients in a saucepan and cook, stirring, over a low heat until combined.

### QUICK TEACAKE WITH CINNAMON SUGAR

Serves 8

#### INGREDIENTS

2 eggs  
 ⅔ cup milk  
 1 teaspoon vanilla extract  
 125g butter, melted  
 1 cup caster sugar  
 2 cups self raising flour

#### Cinnamon topping

20g butter, melted  
 1 tablespoon caster sugar  
 1 ½ teaspoons ground cinnamon

#### METHOD

1. Preheat oven to 160°C with fan. Grease and line a 20cm cake pan with baking paper.
2. Combine ingredients in the order listed into the blender jug. Place lid on jug.
3. Blend on Speed 1/MIX until mixture is just combined. Scrape down any caught flour if needed.
4. Pour mixture into prepared pan and bake in oven for 50-60 minutes or until a wooden skewer inserted comes out clean.
5. Allow to cool for 5 minutes then turn out onto a cooling rack. Brush with melted butter and sprinkle with cinnamon topping. Allow to cool before serving.

### BAKED LEMON CHEESECAKE

Serves 8-10

#### INGREDIENTS

250g packet plain sweet biscuits  
 125g unsalted butter, melted  
 300ml carton sour cream  
 1 cup caster sugar  
 ½ teaspoon vanilla extract  
 1 tablespoon finely grated lemon rind  
 4 eggs  
 750g cream cheese, at room temperature, cut into cubes

#### METHOD

1. Preheat oven to 160°C no fan. Line the base of a 23cm springform pan with non-stick baking paper. Place biscuits into blender jug. Place lid on jug.
2. Select ICE CRUSH or PULSE setting and blend until biscuits are finely crushed. Place into a bowl, add melted butter and mix well. Press biscuits mixture into the base and sides of a greased and lined. Use a straight-sided glass to spread and press the biscuit mixture firmly over the base and side of pan, leaving 1cm at the top of the pan. Refrigerate 10 minutes.
3. Meanwhile place sour cream, sugar, vanilla and lemon rind, eggs into the blender jug and blend with lid on, on speed 5/PUREE until just combined. Turn blender off and add half of the cream cheese; replace lid and blend on speed 5/PUREE for 30 seconds. Turn blender off and add remaining cream cheese, replace lid; blend on speed 5/PUREE for 30 second or until mixture is smooth. Do not overmix.
4. Pour the cream cheese mixture into the base. Place the pan on a baking tray and bake for 1 ¼ -1 ½ hours or until just set in the centre. Turn oven off. Leave the cheesecake in oven, with the door ajar, for 2 hours or until cooled completely (this will prevent cheesecake from cracking). Refrigerate until well chilled.

### BANANA SMOOTHIE

Serves 2

#### INGREDIENTS

2 ripe bananas, halved  
2 cups chilled milk  
2 scoops frozen vanilla yogurt or  
1 cup vanilla yogurt and 6 ice cubes  
1 tablespoon honey  
Nutmeg, to taste

#### METHOD

1. Place all ingredients into blender jug. Place lid on jug.
2. Blend using the SMOOTHIE setting.

*Serve immediately.*

### BREAKFAST SMOOTHIE

Serves 2

#### INGREDIENTS

1 cup orange juice, chilled  
250g fresh strawberries, hulled  
½ teaspoon grated orange rind (optional)  
1-2 tablespoons rolled oats  
2 scoops frozen fruit based yogurt

#### METHOD

1. Place all ingredients into blender jug. Place lid on jug.
2. Blend using the SMOOTHIE setting.

*Serve immediately.*

### FRUIT FUSION

Serves 2

#### INGREDIENTS

1 cup pineapple juice  
1 banana, halved  
1 orange, skin and pith removed then quartered  
2 tablespoons passionfruit pulp  
1 cup soda water

#### METHOD

1. Place pineapple juice, banana and orange in blender jug. Place lid on jug.
2. Select the 3/BLEND speed, blend until well combined.
3. Stir in passionfruit pulp and soda water and serve immediately.

### ICED MOCHA

Serves 2

#### INGREDIENTS

¼ cup cold espresso  
2 scoops chocolate ice cream  
1 ½ cups chilled milk  
6 ice cubes

#### METHOD

1. Place all ingredients into blender jug. Place lid on jug.
2. Blend on Speed 4/LIQUIFY for 20-30 seconds or until combined.

### VANILLA MILKSHAKE

Serves 2

#### INGREDIENTS

2 cup chilled milk  
3 scoops vanilla ice cream  
½ teaspoon vanilla essence extract

#### METHOD

1. Place all ingredients into blender jug.  
Place lid on jug.
2. Blend using the SMOOTHIE setting.  
Serve immediately.

### STRAWBERRY MILKSHAKE

Serves 2

#### INGREDIENTS

2 cup chilled milk  
3 scoops strawberry ice cream or  
3 scoops vanilla ice cream + 10 strawberries

#### METHOD

1. Place all ingredients into blender jug.  
Place lid on jug.
2. Blend using the SMOOTHIE setting.

*Serve immediately.*

### CHOCOLATE MILKSHAKE

Serves 2

#### INGREDIENTS

2 cup chilled milk  
3 scoops chocolate ice cream  
1 tablespoon chocolate syrup, optional

#### METHOD

1. Place all ingredients into blender jug.  
Place lid on jug.
2. Blend using the SMOOTHIE setting.

*Serve immediately.*

### SUGAR SYRUP

Makes approx 1 ½ cups

#### INGREDIENTS

1 cup white sugar  
1 cup/250ml water

#### METHOD

1. Place sugar and water into a heavy base saucepan and cook, stirring over a very low heat until sugar has dissolved.
2. Bring to the boil then reduce heat and simmer mixture for 5 minutes.
3. Remove from heat and allow to cool completely. Store in an airtight container in the refrigerator.

### STRAWBERRY DAIQUIRI

Serves 2/ 2 standard drinks

#### INGREDIENTS

6-8 strawberries, hulled and quartered  
60ml nip white rum  
¼ cup/60ml fresh lime juice  
¼ cup/60ml sugar syrup  
12 ice cubes

#### METHOD

1. Place all ingredients into blender jug. Place lid on jug.
2. Use ICE CRUSH function or Speed 4/ LIQUIFY and blend until ice is crushed.
3. Pour into 2 cocktail glasses to serve.

### LIME AND MINT CRUSH

Serves 2/ 2 standard drinks

#### INGREDIENTS

2 limes, peeled and cut into 8 pieces  
16-20 mint leaves  
¼ cup/60ml sugar syrup  
60ml nip white rum or vodka  
8 medium ice cubes  
1 cup/250ml soda water

#### METHOD

1. Place all ingredients into blender jug. Place lid on jug.
2. Select ICE CRUSH function or Pulse setting and blend until all ingredients are roughly chopped.
3. Pour into a glass, serve immediately.

### MARGARITA

Serves 4/ 4 standard drinks

#### INGREDIENTS

60ml nip tequila  
60ml nip cointreau  
½ cup/80ml lime juice  
¼ cup/60ml sugar syrup  
12 ice cubes

#### METHOD

1. Place tequila, cointreau, lime juice, sugar syrup and ice cubes into blender jug. Place lid on jug.
2. Use ICE CRUSH function or Speed 4/ LIQUIFY and blend until well combined and ice is crushed.
3. Serve in salt rimmed glasses.



### PINA COLADA

Serves 2/ 2 standard drinks

#### INGREDIENTS

60ml nip white rum  
¼ cup/60ml coconut cream  
¾ cup/180ml pineapple juice  
1 ½ tablespoons/30ml sugar syrup  
10 ice cubes

#### METHOD

1. Place all ingredients into blender jug. Place lid on jug.
2. Use ICE CRUSH function or Speed 4/ LIQUIFY and blend until well combined and ice is crushed.
3. Serve immediately.

### CUBA LIBRE

Serves 2/ 2 standard drinks

#### INGREDIENTS

60ml nip aged amber rum  
1 lime, peeled and cut into 4 pieces  
12 ice cubes

#### METHOD

1. Place all ingredients into blender jug. Place lid on jug.
2. Use ICE CRUSH function or Speed 4/ LIQUIFY and blend until well combined and ice is crushed.
3. Serve immediately.

### SEA BREEZE

Serves 2/ 2 standard drinks

#### INGREDIENTS

12-14 ice cubes  
60ml nip vodka  
½ cup/125ml orange juice  
½ cup/125ml cranberry juice  
½ cup/125ml ruby red grapefruit juice

#### METHOD

1. Place ice cubes in blender jug. Place lid on jug. Using ICE CRUSH function blend until finely crushed.
2. Spoon crushed ice into 2 large chilled glasses. Layer remaining ingredients in order listed over ice. Serve immediately.

### MANGO TANGO

Serves 2/ 2 standard drinks

#### INGREDIENTS

¾ cup/180ml mango nectar  
½ cup/125ml orange juice  
30ml nip white rum  
30ml nip mango liqueur  
¼ cup/60ml fresh lime juice  
12 ice cubes  
Mineral water to serve

#### METHOD

1. Place nectar, juices, ice cubes into blender jug. Place lid on jug. Use ICE CRUSH function or Speed 4/LIQUIFY and blend until well combined.
2. Pour into large chilled glasses and top with mineral water.





# Breville

## Breville Customer Service Centre

### Australian Customers

**Mail:** PO Box 22  
Botany NSW 2019  
AUSTRALIA

**Phone:** 1300 139 798

**Fax:** (02) 9384 9601

**Email:** Customer Service:  
askus@breville.com.au

### New Zealand Customers

**Mail:** Private Bag 94411  
Botany Manukau 2163  
Auckland NEW ZEALAND

**Phone:** 0800 273 845

**Fax:** 0800 288 513

**Email:** Customer Service:  
askus@breville.com.au

**[www.breville.com.au](http://www.breville.com.au)**

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